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ABSTRACT

Text, illustrations, and exercises are used in these two learning modules to instruct physical therapists and others involved in the care of the infirm in methods of comfortably positioning patients in beds and chairs. The first module, "Basic Positioning in Bed and Chair," describes how to position a patient in the upright sitting position and on his/her back, stomach and side. This module discusses the importance of periodically changing the position of bedfast or wheelchair patients and illustrates the utilization of towels and pillows in providing the body support necessary to the maintenance of proper spine, shoulder, and hip alignment. The second module, "Positioning Is Everything in Life," describes the use of pillows and towels in: (1) placing the patient in the semi-prone position (i.e., lying halfway between the stomach and the side while leaning slightly forward); (2) placing the patient in the semi-supine position (i.e., lying halfway between the back and the side while leaning slightly backwards); and (3) positioning a patient in a chair with head and arms supported on a treatment table. Both modules illustrate techniques and procedures, provide sequential reinforcement exercises, and conclude with a post-test and answer key. The first module requires 45 minutes and the second 30 minutes to complete. (JP)

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HEALTH INSTRUCTION PACKAGES:

PHYSICAL THERAPY

MODULES PREPARED BY:

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JC 810 328

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Basic Positioning in Bed and Chair

By

Stephen J. White

Lauren Richardson, Illustrator

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TITLE:	Basic Positioning in Bed and Chair
AUTHOR:	Stephen J. White
INSTITUTION:	De Anza College, Cupertino, Calif.
INTENDED STUDENTS:	Physical therapy assistants; family, friends of patients
ESTIMATED WORKING TIME:	45 minutes
MATERIALS NEEDED:	3 pillows; 2 soft, thick towels; 1 treatment table or firm bed; 1 straight chair, with arms if possible, or a wheelchair
REVISED:	June 15, 1977

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INTRODUCTION

Many people who are confined to bed because of illness or weakness need to be helped to change the position of their bodies. You probably know from personal experience that if you fall asleep and stay in one position for a long time, you can wake up stiff, sometimes numb and painful and even with red spots from pressure of the surface on which you were sleeping.

For people who have difficulty changing positions, or who have to spend long hours in a wheelchair, their position can be "everything in life."

In this package you will learn how to place a partner (hereafter called patient) in four different positions with comfort and good body alignment.

So you will need a partner, three soft, flexible pillows, and several towels(the softer and thicker, the better).

If at this point, you think you can position someone correctly without working through this unit, turn to Page 25 and do the Post-Test.

OBJECTIVES

Objective

Using pillows, towels, treatment table or bed and chair, you will position a partner (patient) on his back, stomach, side, and sitting, with adequate support of body parts and good body alignment. You will:

Define the criterion for good body alignment;

State the reasons for changing position in bed and how frequently position needs to be changed;

Define the terms prone and supine;

State the reason for the use of pillows in body positioning;

Position partner (patient) in four positions.

PRACTICE EXERCISE #1

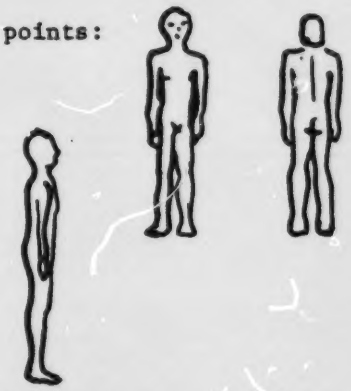
Input

One of the key points in positioning patients is to position them so that they have good body alignment. The best way to tell if the body is in good position is to look at the trunk from two view points:

a. From the front or back

and

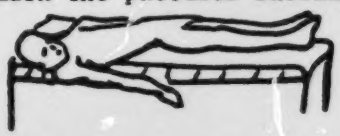
b. From the side



If the spine is straight from head to buttocks, the body is in good alignment.

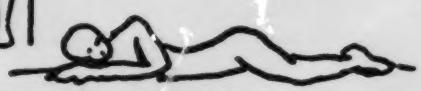
Practice Question #1

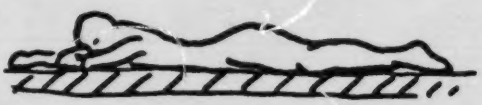
A. Checkmark the pictures showing good body alignment.

___1)  (Front view, patient lying on back)

___2) (Back view, patient lying on stomach)

___3) (Front view sitting)

___4)  (Front view lying on side)

___5)  (Side view lying on stomach)

___6) (Side view, lying on stomach)

3

Practice Question #1 (continued)

2) For good positioning the spine should be straight from _____ to _____.

3) To be sure the spine is straight you must look at the trunk from two views. What are the two views?

a.

b.

PRACTICE EXERCISE #1(Cont.)

Feedback

A. (3) and (6) both show good body alignment:

(3) Shows a patient sitting. His back is straight, his head is over his buttocks and his shoulders and hips are level. This is good body alignment. Good for you, if you picked it out.

(6) This patient is lying on his stomach; his spine is straight from head to buttocks. This is also good body alignment.

1, 2, 4, 5, are examples of poor body alignment because:

1) The patient is lying on back with spine curved.

2) The patient is lying on his stomach with the head angled away from the buttocks, so this isn't good body alignment.

4) The patient is on his side with his spine curved as if on a saggy mattress or in a hammock. Again poor body alignment.

5) Here the patient is lying on his stomach with his lower back in a "sway back" position. Body alignment again is poor. Many people have pain in the low back for a variety of reasons, so it's a good idea to try to decrease a "sway back" position.

B. Spine should be straight from head to buttocks.

C. Two views to observe:

A. From front or back

B. From the side

PRACTICE EXERCISE #2

Input

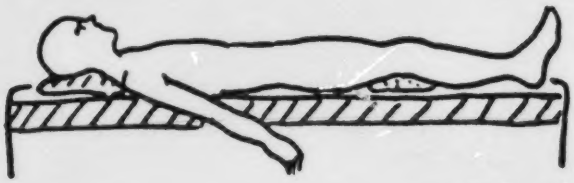
Other important points in positioning a patient are: (1) be sure the shoulders and hips are level and (2) that the head is in line with the hips. This positioning is important whether a patient is sidelying, is on his stomach (prone) or is on his back (supine).

Prone is the technical word for stomach lying.

Supine is the technical word for lying on the back.

PRACTICE EXERCISE #2 (Cont.)

Practice Question #2

A.  This is a patient lying on his back.

1) What is the technical word for this position? _____

2) Are the shoulders and hips in good alignment? _____yes _____no

B. Draw a back view of a person lying in the prone position showing poor spine, shoulder, and hip alignment.

C. Now draw a figure showing good body alignment of the trunk, shoulders, and hips.

Feedback

A. 1) Supine

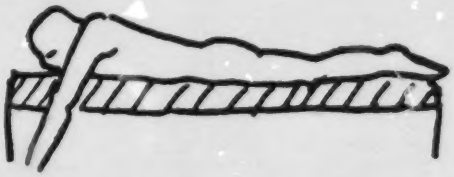
2) Yes

B. Your picture should show a figure on its stomach with

1) a spine that is curved, or

2) the head not over the hips, or

3) the shoulders and hips not level



If your drawing is similar to any one of the 3 above, consider your answer correct.

C. Does the figure you drew show the back straight, the head in line with the hips, and the shoulders and hips level? if it does, you've drawn a figure with good body alignment.

PRACTICE EXERCISE #3

Input

Now that you know the principles of good body alignment, you're ready to learn how to position a patient in the four basic positions: supine, prone, sidelying, and sitting.

Before actually positioning a patient, it's important that you tell him (1) what you're going to do, (2) the reasons why changing positions is important, and (3) how often his position should be changed.

The 3 major reasons for changing positions are:

1. To prevent pressure (bed) sores
2) To help stiff joints
3) To relieve pain and discomfort

In order to accomplish this, position change should be done at least every two hours.

PRACTICE EXERCISE #3

Practice Question #3

A. You are going to position your patient in the prone position. What would you tell your patient in words he can understand?

_____

_____

B. Your patient might say, "Oh, I'm so comfortable here! Why must I change my position?" How would you answer?

_____

_____

_____

_____

C. Pressure sores develop quickly over bony areas. The first sign is redness, and it means that there is already a start of a pressure sore. Redness can occur as soon as three hours from lying in one position. It is important to change a patient's position as least every _____ hours.

PRACTICE EXERCISE #3

Feedback

A. If you told your patient that you were going to turn him onto his stomach, you're in the right ball park.

B. You are right if you told the patient in a way he could understand that the change of position would prevent pressure sores and joint stiffness, and relieve discomfort or pain.

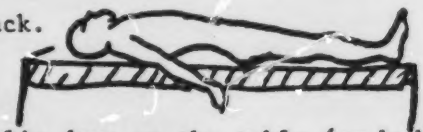
C. Two hours

PRACTICE EXERCISE #4

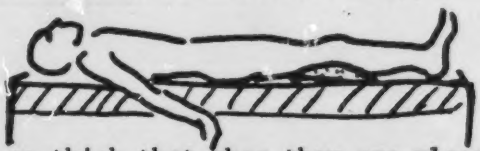
Input

Get a partner to act the part of a patient for you. We'll start with the supine position, but you'll need him for the other three positions. Let him know there's more to come, so he won't run off. Also encourage your partner to imagine that he's a real patient.

Often, when people lie supine, their legs pull on the back to increase the sway in the low back.



Tell your partner (patient) to lie down on the table (or bed) on his back and to decrease his low back sway, place a pillow under his knees.



Many pillows are so thick that when they are placed under the head, the chin is on the chest!

Put your chin on your chest and try to swallow. Do you think it would be easy for a patient to eat with a thick pillow under his head? A better, more functional position is with a very soft flat pillow that can be bunched up to support the hollow of the neck.

or no pillow at all,

but a towel rolled up and placed beneath the head.

Practice Question #4

A. Did you instruct your patient in common language? _____

B. Now look at the patient from in front to be sure the hips and shoulders are level. If they aren't, try to straighten them.

C. Look at your patient from the side. The pillow under the knees should flatten the low back; test this by trying to place your hand under the patient's waist. If you can, you can try a thicker pillow, or two pillows under the knees.

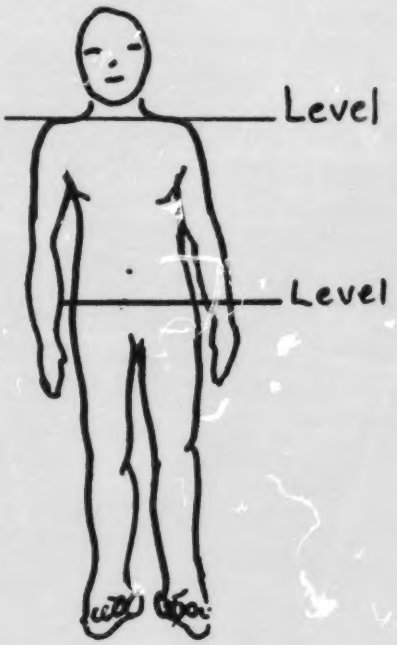
D. Try both a towel roll, then a pillow to support the neck. Ask your patient which feels better.

Check your answers on the next page.

Feedback

A. I'm pretty sure you answered "yes"; but did you remember the common term for supine is backlying, or lying on your back?

B. Your patient should look like this:



C. like this from the side:

D. Whichever felt most comfortable to your patient is best for him/her. It's always important to ask.

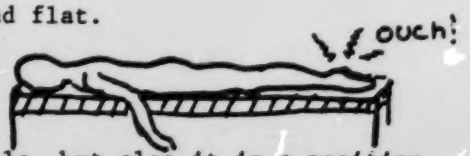
When you think you can do this <u>supine</u> positioning without the written directions go on to the next page.

PRACTICE EXERCISE #5

Input

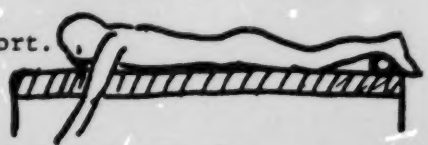
Now get your partner prone on his stomach, on the table. Explain why change of position is important and how often it should be changed. Have him scoot down so his feet hang over the edge of the table (bed).

It's important to get the feet off the end so that they fall toward a right angle to the leg. This is the position of the feet when we stand. If the feet <u>are not</u> off the edge of the bed or table, they get pushed flat.



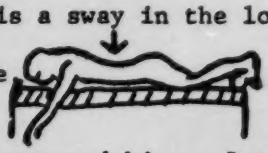
Not only is this not very comfortable, but also it is a position of deformity! If the ankles get stiff in this position, wouldn't the patient have a very hard time walking?

Place a small pillow or a rolled towel under the ankles to bend the knees slightly. This is for relaxation and comfort.

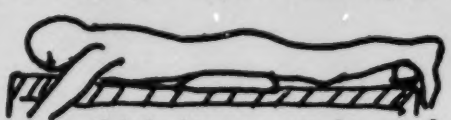


Now check to see if the spine is straight, the head over the buttocks and the shoulders and hips level.

There probably is a sway in the low back area as you look at your patient from the side.



To decrease this sway, place a pillow under the abdomen and hips. Look again to see if the spine is now straight.



If this pillow is <u>too thick</u> it may not be comfortable. Ask!

Your patient may be comfortable using his hand for a pillow, but may be more comfortable with his head turned to the side on a small flat pillow.

Practice Question #5

A. Where would you place a pillow or rolled towel as support to make your patient more comfortable when he is in the prone position?

1)_____

2)_____

3)_____

Now practice with your "patient" making him comfortable in the prone position.

Remember to talk to your patient, explaining

what you are doing in words he understands

why you are doing it (changing his position), and

how often this position should be changed.

B. When your patient is in the prone position, should his spine be straight from head to buttocks? Yes_____ No_____

C. To find out if your patient is relaxed and comfortable, what can you do?

PRACTICE EXERCISE #5 (Cont.)

Feedback

A. 1) Under the ankles to bend the knees slightly

2) Under the abdomen and hips - this will raise and straighten the spine.

3) Under side-turned head - he may prefer to use his hand

B. Yes

C. Ask him if he's comfortable.

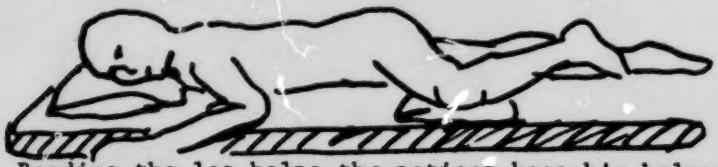
PRACTTCE EXERCISE #6

Input

Now turn your patient on either the right or the left side.

Place a pillow under the head to keep the head in line with the spine.

Help the patient to bend the top leg forward at the hip and the knee about one half way and place a pillow to support it.



Bending the leg helps the patient keep his balance , and the pillow keeps the leg more in line with the trunk.

Look at your patient from in front. If there is a "dip" at the waist.....

...place a rolled towel between the waist and the table to decrease the "dip".

The patient will be more secure with a pillow supporting his trunk either at his back or in front. Fold a pillow lengthwise and tuck it in front, close to the trunk, to support his chest and stomach. Have him "hug" the pillow with the top arm. Now try a folded pillow tucked in back supporting from shoulder blades to hips.

There are many comfortable positions for the arms in the sidelying position and some not so comfortable. How could you find out if your patient is comfortable and relaxed? That's right, ask!

Practice Question #6

A. Where are the first two places you would put pillows or rolled towels to make your patient more comfortable when he is on either his right or left side?

1)_____

2)_____

B. If there is a "dip" at your patient's waist, what would you do?

_____

_____

C. Is it sometimes comfortable for a patient to "hug" a pillow with his top arm? Yes_____ No_____

D. What should you do to find out if your patient is relaxed and comfortable?

_____

E. When your patient is in the sidelying position, should his spine be straight from head to buttocks? Yes_____ No_____

F. When a patient is lying on his side, is it a good idea to support his top knee with a pillow? Yes_____ No_____

G. Now position your patient sidelying.

Feedback

A. 1) Under the head to keep the head in line with the spine.

2) At the knee, to support it.

B. Place a rolled towel between the waist and bed to decrease the "dip".

C. Yes

D. Ask your patient if he's comfortable.

E. Yes

F. Yes

G. You've positioned your patient sidelying. Now check the following:

1) Is his spine straight from both the side and front or back view? If not, use pillows or rolled towels to correct it.

2) Have you used a pillow to support the trunk in front or in back?

3) Is the top leg bent at hip and knee about one half way? Is it supported by a pillow?

4) Have you asked your patient if he's comfortable?

PRACTICE EXERCISE #7

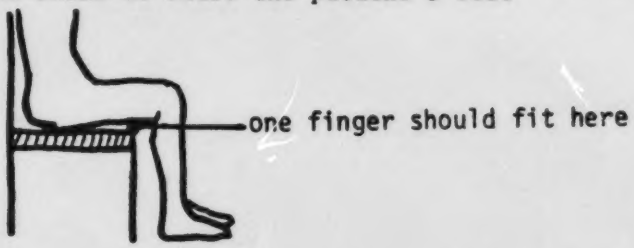
Input

Now have your patient sit in a straight chair or a wheel chair. Find a way to support his elbows so the shoulders are level:

(1) The elbows can rest on the arm rests of a wheelchair or the armrest of a straight chair that has them.

(2) If the straight chair doesn't have armrests, the elbows could rest on pillows in patients lap.

Support patient's feet so that the knees are level and there is just room for one of your fingers between patient's thigh and front of chair. (You can use books to raise the patient's feet or the legs of the chair.)



If there isn't room for your finger, the circulation can be impaired and any swelling problem of the feet and ankles made worse. So, adjust the footrests of the wheelchair (equally, please) or place some kind of support under the feet to accomplish this.

If there's room for more than one finger, too much body weight is on the seat bones and can cause pressure sores. In this case, lower the foot rests of the wheel chair or place the patient's feet farther out in front of the straight chair. Be sure to check to see if there is room for just one finger under the patient's thigh.

PRACTICE EXERCISE #7(Cont.)

Input(Cont.)

Look at your patient from two views to be sure that his spine is as straight as possible.

Avoid this

Hips not back in chair

And this

Patient sagging to one side

Make corrections as necessary by getting patient's hips well back in chair and supporting his sagging side with pillow.

PRACTICE EXERCISE #7 (Cont.)

QUESTION #7

A. Name two things you should check for proper support of a patient's feet when seating him in a chair.

1) _____

_____

2) _____

_____

B. If there isn't room for your finger when your patient is sitting in a chair, what could occur to your patient?

_____

_____

C. Now check your patient:

1) Is his spine straight from two views? Yes_____ No _____

2) Are his knees level? Yes _____ No _____

3) Are his elbows supported so his shoulders are level?

Yes _____ No _____

4) Is there room for one finger under the patient's thigh at the front of the chair? Yes _____ No _____

Feedback

A. 1) That the patient's knees are level. Remember, both shoulders and knees should be level.

2) There is room to place one finger between the patient's thigh and the front of the chair.

B. Circulation can be impaired and any swelling problem of the feet or ankles made worse.

C. If you positioned your patient correctly in the chair, your answers should be:

1) Yes

2) Yes

3) Yes

4) Yes

POST-TEST

1. Briefly define good body alignment. _____

_____

2. The best way to tell if the body is in good position is to look at the trunk from two views. Name them:

   A. _____

   B. _____

3. A. When a person is lying on his stomach he is said to be in the _____position.

   B. When a person is lying on his back he is said to be in the _____position.

4. Draw a figure (a stick figure is fine) of a person in the supine position showing good body alignment of shoulders, trunk, and hips.

5. List the 3 major reasons for changing a patient's position often.

   A. _____

   B. _____

   C. _____

6. A patient's position should be changed at least every:

   _____ 1 hour _____2 hours _____4 hours

   _____ 6 hours _____Whenever you feel like you should

7. A. When your patient is in the supine position, should his knees be slightly bent and supported on a pillow?

   Yes _____ No _____

   B. A flat pillow or a rolled up towel is often used to support the hollow or back of the patient's neck.

   Yes _____ No _____

8. When your patient is in the prone position:

   A. Should his feet extend over the end of the bed (table)?

   Yes _____ No _____

   B. Should a towel roll, under the ankles, support the knees in a slightly bent position?

   Yes _____ No _____

   C. Is a pillow sometimes used under the lower stomach and hip to flatten the back?

   Yes _____ No _____

   D. In both the prone and supine positions, is it important that the shoulders and hips be level?

   Yes _____ No _____

9. A. When your patient is lying on his side, it's a good idea to put a pillow:

   1) _____ under one knee; the bottom knee

   2) _____ under one knee; the top knee

   3) _____ under both knees

B. If the patient has a "dip" at the waist, what should you do?

1)_____Move your patient

2)_____Let him suffer

3) _____Put a rolled towel between the waist and table to decrease the "dip"

10. A. When a patient is seated in a chair both his shoulders and his (1)_____ should be level. If his feet are properly supported, there should be room for (2) _____ between the patient's thigh and the front of the chair.

B. If circulation to the patient's lower legs is impaired, it could make _____problems of the ankles and feet worse.

C. When a patient is sitting in a chair his spine should be as straight as possible.

Yes _____ No_____

11. Name a quick and easy way to find out if your patient is relaxed and comfortable. _____

The following is a practical application of what you have learned about the positioning of a patient in a bed and in a chair.

Part I

Position you partner (patient) in the correct supine position.

When you have correctly positioned him, complete the following

Part I (Cont.)

check list. Be honest with yourself. If you didn't do something, or you did something wrong, check the "No" answer to show yourself where you need more practice.

Supine Positioning Check List

		YES	NO
A.	Did you tell your patient to lie on his back?	_____	_____
B.	Did you look at your patient from in front? Is the spine straight from head to hips?	_____	_____
C.	Are the shoulders and hips level?	_____	_____
D.	Did you look at your patient from the side?	_____	_____
E.	Is the spine straight?	_____	_____
F.	Did you support the back of the neck with a pillow or towel?	_____	_____

If you answered no to two or more questions, do the procedure again before going on.

Part II

Prone Positioning Check List

		YES	NO
A.	Did you tell your patient to lie on the stomach?	_____	_____
B.	Did you look at your patient from the back?	_____	_____
C.	Is the spine straight from head to buttocks?	_____	_____
D.	Are the shoulders and hips level?	_____	_____

POST-TEST(Cont.)

Part II(Cont.)

		YES	NO
E.	Did you look at your patient from the side?	_____	_____
F.	Is there a sway in the low back?	_____	_____
G.	Is the pillow under the lower abdomen and hips too high?	_____	_____
H.	Did you ask the patient if his arms were comfortable? If not, did you encourage the patient to move them to a more comfortable position?	_____	_____
I.	Are the patient's knees slightly bent by a small pillow or rolled towel under the ankles?	_____	_____
J.	Are his feet off the end of the bed so they are not pushed straight?	_____	_____

Correct your errors; if more than two were "No", repeat the procedure.

Part III

Sidelying Check List

		YES	NO
A.	Did you look at your patient from the top? Is the spine straight from the head to the buttocks?	_____	_____
B.	Is the top leg bent ½ way at the hip and knee?	_____	_____
C.	Is the leg supported by a pillow?	_____	_____
D.	Did you look at the patient from the front?	_____	_____

Part III(Cont.)

		YES	NO
E.	If there was a "dip" at the waist, did you correct it?	_____	_____
F.	Is the head straight with the spine?	_____	_____
G.	Did you ask if the patient's bottom arm was comfortable?	_____	
H.	Did you place a pillow either in front or supporting the patient's back?	_____	_____

Correct your errors. IF more than two, redo the procedure.

Part IV

Check List for Sitting

		YES	NO
A.	Did you look at your patient from in front?	_____	_____
B.	If his knees weren't level, did you level them?	_____	_____
C.	Did you support your patient's arms sp his shoulders would be level?	_____	_____
D.	Did you support your patient's feet so there was room for one of your fingers between the back of the thigh and the front of the chair?	_____	_____
E.	Did you do everything you could to have your patient's spine straight while sitting in a chair?	_____	_____

POST-TEST ANSWER KEY

1. The spine is straight from head to buttocks.

2. A. Front or back

   B. Side

3. A. Prone

   B. Supine

4.

5. A. To prevent pressure (bed)sores

   B. To help prevent stiff joints

   C. To relieve pain and discomfort

6. 2 hours

7. A. Yes

   B. Yes

8. A. Yes

   B. Yes

   C. Yes

   D. Yes

9. A. (2)

   B. (3)

POST-TEST ANSWER KEY

10. A. (1) knees

(2) one of your fingers

B. Swelling

C. True

11. Ask him

Parts I, II, III and IV you grade/rate yourself, since only you know whether you did the right thing or followed the right procedure.

Position is Everything in Life

ANSWER SHEET FOR PRACTICE QUESTIONS

1. A. 1.

2.

3.

4.

5.

6.

B. _____ to _____

C. 1) _____

2) _____

2. A. 1) _____

2) _____Yes _____No

B.

C.

3. A. _____

_____

ANSWER SHEET FOR PRACTICE QUESTIONS(Cont.)

3. Continued

B. _____

_____

_____

C. _____

_____

_____

_____

D. _____hours

4. A. _____

B. Practical application

C. Practical application

D. _____

5. A. 1) _____

2) _____

B. Yes _____ No _____

C. _____

6. A. 1) _____

2) _____

B. _____

_____

C. Yes _____ No _____

D. _____

ANSWER SHEET FOR PRACTICE QUESTIONS(Cont.)

6. continued

E. Yes _____ No _____

F. Yes _____ No _____

G. Practical application

7. A. 1) _____

_____

2) _____

_____

B. _____

_____

C. 1) Yes _____ No _____

2) Yes _____ No _____

3) Yes _____ No _____

4) Yes _____ No _____

ANSWER SHEET TO POST-TEST

1. _____

_____

2. A. _____

B. _____

3. A. _____

B. _____

4.

5. A. _____

B. _____

C. _____

6. _____ 1 hour _____ 2 hours _____ 4 hours

_____ 6 hours _____ Whenever you feel like you should change your patient's position.

7. A. Yes _____ No _____

B. Yes _____ No _____

8. A. Yes _____ No _____

B. Yes _____ No _____

C. Yes _____ No _____

D. Yes _____ No _____

ANSWER SHEET TO POST-TEST(Cont.)

9. A. (1) _____
   (2) _____
   (3) _____
   B. (1) _____
   (2) _____
   (3) _____

10. A. (1) _____
   (2) _____
   B. _____
   C. Yes _____ No _____

11.

Part I

	YES	NO
A.	_____	_____
B.	_____	_____
C.	_____	_____
D.	_____	_____
E.	_____	_____
F.	_____	_____
G.	_____	_____

ANSWER SHEET TO POST-TEST(Cont.)

Part II

	YES	NO
A.	_____	_____
B.	_____	_____
C.	_____	_____
D.	_____	_____
E.	_____	_____
F.	_____	_____
G.	_____	_____
H.	_____	_____
I.	_____	_____
J.	_____	_____

Part III

	YES	NO
A.	_____	_____
B.	_____	_____
C.	_____	_____
D.	_____	_____
E.	_____	_____
F.	_____	_____
G.	_____	_____
H.	_____	_____

Part IV

A.	_____	_____
B.	_____	_____
C.	_____	_____
D.	_____	_____
E.	_____	_____

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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

POSITIONING IS EVERYTHING IN LIFE: PART II

By

Frances A. Lupi, RPT

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TITLE OF PACKAGE:	How to Position Patients for Treatment Procedures
AUTHOR:	Frances A. Lupi, R.P.T.
INSTITUTION:	De Anza College, Cupertino, Calif.
INTENDED STUDENTS:	Beginning health care students (physical therapists, physical therapist assistants, nurses, nurses aides); lay people who are in any way associated with care of sick or infirm people (family members, friends)
ESTIMATED WORKING TIME:	30-45 minutes
MATERIALS NEEDED:	Flat surface; chair; 4 pillows; 2-4 towels; footstool; 2 people
REVISED:	June 20, 1977

NOTE: Effective use of this unit requires two people and materials listed above. Prior use of Position Is Everything in Life, Part I, is recommended but not required.

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INTRODUCTION

You are about to embark on a fascinating voyage.

You are about to learn how to make people feel more comfortable.

In this package you will learn how to position a person (fellow student, partner, friend--or patient--in three different positions: semi-prone, semi-supine, and sitting (leaning forward). In order to work through this package, you will need the following:

1. A warm body (human preferred). You will not need to use your partner until you read Practice Exercise #3
2. A flat table (padded if possible)
3. A straight chair
4. Anything that can serve as a footrest (stool, books, wastebasket)
5. Four pillows
6. Two to four towels

If you start with the basic premise "Position is Everything in Life" then it must be important--and it is. Positioning is basic to good patient care--and the patient is what it's all about in health care. Learning to position your patients comfortably is a prerequisite to most of the treatment procedures that you will be learning in the future.

SOOOOO--before you can treat the patient you must position him/her correctly. Right???

Overall Objective:

Using pillows, chair, and treatment table (plinth) the learner will be able to position a person in semi-prone, semi-supine, and sitting with adequate support of body parts and good body alignment.

Sub-Objectives:

Cognitive:
1. The learner shall define the terms "semi-prone" and "semi-supine".
2. The learner shall define the term "plinth".
3. The learner shall state the reason for importance of semi-prone and semi-supine positions.
4. The learner shall state the reason for importance of support to head and arms in sitting positions.

Psychomotor: The learner shall demonstrate positioning a person with accurate pillow placement, support, and body alignment in each of the following positions:
a. Semi-prone
b. Semi-supine
c. Sitting with head and arms supported on treatment table

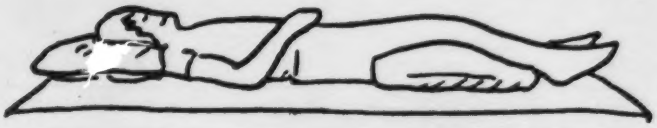
Attitudinal:
1. Learner attends to detail by making changes in positioning as appropriate
2. Learner solicits feedback from person with regard to comfort and makes appropriate changes as indicated by feedback.
3. Learner demonstrates carry-over of information gained to future situations.

PRACTICE EXERCISE #1

The key to success of this package is learning the definitions of the following terms:

1. prone: Lying on your stomach

2. supine: lying on your back



3. Semi-prone: lying halfway between your stomach and your side (leaning slightly forward)

4. semi-supine: lying halfway between your back and your side (leaning slightly backwards)

5. plinth: a treatment table

Practice Question #1

1) When youare lying on your stomach you are in the _____ position.
2) If you are lying halfway between your stomach and your side you are _____.
3) When you are lying on your back, you are lying _____.
4) If you are lying halfway between your back and your side you are _____.
5) Another term for a treatment table is a _____.

Feedback

Answers to Practice Question #1

1) prone

2) semi-prone

3) supine

4) semi-supine

5) plinth

If you have answered Practice Question #1 correctly, proceed to Practice Exercise #2.

PRACTICE EXERCISE # 2

Sometimes it is not possible to position a person in the prone or supine positions because the person has a pathological condition like a sore back or neck. Putting such a person in prone or supine positions makes them more uncomfortable. In this case, the semi-prone or semi-supine positions may make them more comfortable and ensure full body relaxation. (You will learn how to choose between semi-prone and semi-supine in a later package.)

Sometimes a person cannot be comfortable in any lying down position--such as when the person has a <u>really</u> sore neck. In this case it is better to sit the person. When doing this you must be <u>sure</u> to rest the head and arms on a pillow on the plinth. This will ensure support to these parts, so that the person will be as comfortable as possible. When people are comfortable, they are more relaxed.

<u>Practice Question # 2</u>

A. When should you use the semi-prone or semi-supine positions?

B. When you use the sitting position, how should you position the head and arms?

Feedback

Answers to Practice Question #2:

A. When the person cannot tolerate the supine or prone positions due to a condition like a sore neck or back.

B. Resting on a pillow on the plinth.

If you were correct in your responses, you understand well enough to continue on to the next Practice Exercise.

PRACTICE EXERCISE #3

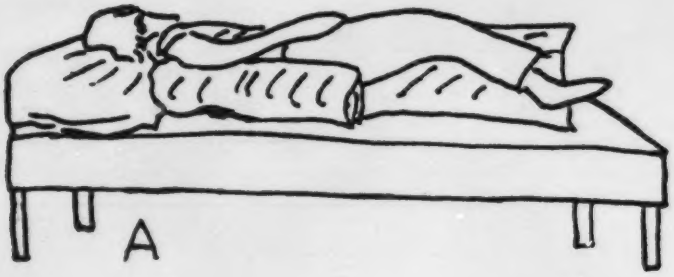
Now you are ready to learn HOW to position a person in the semi-supine position. If you do the following steps, in sequence, I guarantee you success:

1. Get your partner and ask him/her to lie on his side on the plinth.
2. Get 4 pillows
3. Put one pillow under his/her head.
4. Roll a pillow lengthwise and put it behind your partner's back (shoulders to hips). (see picture A)
5. Roll another pillow lengthwise and put it on the plinth behind your partner's hips. (if needed)
6. Ask your partner to roll backward against the pillows (wedge them in if they start to slip) until he/she is halfway between sidelying and supine. (see picture A)
7. Place a pillow between your partner's knees from just above top of knee to ankle so that the top leg is resting on it. Leg can be bent at hip and knee. (see Picture A)
8. Ask your partner if he/she is comfortable. If not comfortable, find out what hurts. Interchange pillows until comfort is achieved.
9. At this point, stop, work through the steps again (start with #1), until you can do the entire procedure from memory.

A

Feedback #3

If you have positioned your partner correctly and comfortably, you will have met the following criteria and your partner will look like Picture A.



Check each of the items off if you have done it correctly:

1) Partner half-way between sidelying and supine.
2) There is a pillow under your partner's head.
3) There is a rolled pillow behind your partner's back and hips (shoulders to top of thighs).
4) There is a pillow between your partner's legs (from just above knee to ankle) and the top leg is resting on it.
5) Your partner reports that he/she is comfortable.

If you have met the above criteria correctly --you're "right on!!"
Proceed to the next exercise.

PRACTICE EXERCISE #4

Now that you have learned to position your partner in the semi-supine position, you will proceed to the semi-prone position.

As in Exercise #4 you need to follow each step exactly.

1. Roll a pillow lengthwise and put it on the plinth in front of your partner's chest (shoulders to hips)
   Ask him/her to "hug it" with both arms (see picture B)
2. Roll another pillow legthwise and put it on the plinth in front of your partner's hips (if needed)
3. Ask your partner to roll forward against the pillow (wedge them in if they start to slip) until he/she is halfway between sidelying and prone. (see picture B)
4. Place a pillow between your partner's knees as you did in Practice Exercise #7
5. Find out whether or not your partner is comfortable. If he/she is not rearrange pillows as necessary.
6. Repeat all of the above steps until you can do the procedure from memory.

B

Feedback #4

If you have positioned your partner correctly and comfortably, you will have met the following criteria and your partner will look like picture B.

Check each of the items off if you have done it correctly:

1) Partner half-way between sidelying and prone.
2) There is a pillow under partner's head.
3) There is a rolled pillow in front of partner's chest and hips (shoulders to top of thighs). Arms are around pillow, or in position of comfort.
4) There is a pillow between your partner's legs (from just above knee to ankle) and top leg is resting on it.
5) Your partner reports that he/she is comfortable.

If all of the above items are checked, it means that you have done the procedure correctly. Continue on.

PRACTICE EXERCISE #5

Cheer up, you're almost finished. The last position you need to learn is how to position a partner sitting with head and arms supported on a plinth. As before do the following steps:

1. Place a chair next to a table--facing the table. The chair should be close enough to the table so that your partner can comfortably rest his/her arms on the table.
2. Ask your partner to sit in the chair.
3. Your partner's feet should be flat on the floor, with thighs level. That means the hips and knees should be at the same height. Check this by viewing from the side.

Use a footstool, books, wastebasket--anything--under feet to get proper height.

4. Place one pillow on the table in front of your partner, and one pillow between chest and table.

C

5. Ask partner to lean forward against chest pillow and rest front of forehead on table pillow. Partner should also rest arms on table (wherever comfortable). Adjust the head pillow so that the mouth and nose are not covered. (see picture C) You may put towel(s) on the head pillow if patient has difficulty breathing.
6. Ask your partner if he/she is comfortable. If not, make adjustments as needed. If he/she is too far from table, move the chair in a little; if too close to table, move chair away.
7. Go back to step one and repeat all steps until you can do the procedure from memory.

Feedback #5

Correct sitting position with head and arms supported should include the following points. Check off those you have done correctly.

1) Partner sitting, leaning against the treatment table--head forward of hips as observed from side.
2) Arms resting on treatment table
3) Pillow between chest and table
4) Pillow under head
5) Head straight (looking down toward pillow)
6) Mouth and nose unobstructed by pillow
7) Feet supported so that thighs are level on chair
8) Partner reports that he/she is comfortable

If everything is checked, it means that you have successfully completed this stage. Continue on to the Practice Exercise for Overall Objectives.

PRACTICE EXERCISE FOR OVERALL OBJECTIVE

You have learned how to position a partner in the following positions:

1. semi-prone
2. semi-supine
3. sitting with head and arms resting on table

By now you have received all of the information necessary to allow you to do this with adequate support of body parts and good body alignment.

If you need a review before proceeding to the Practice Question, just review the Input sections of all of the previous Practice Exercises.

Practice Question

Position a partner:

1. semi-prone
2. semi-supine
3. sitting with head and arms resting on table

Feedback

Check your correctness by referring back to the feedback section of all of the previous Practice Exercises.

If you did each procedure correctly--congratulations--you have successfully completed this package. Good for you.

HAPPINESS IS A COMFORTABLE PATIENT

POST-TEST QUESTIONS

1. Semi-prone means_____
2. Semi-supine means_____
3. What is a treatment table called?_____
4. Under what circumstances should the semi-prone or semi-supine positions be used?_____
5. Why should the head and arms be supported in the sitting position?_____

   _____
6. Position a person in the semi-prone position.
7. Position a person in the semi-supine position.
8. Position a person in sitting position with head and arms supported on treatment table.

POST-TEST ANSWERS

1. halfway between sidelying and prone
2. halfway between sidelying and supine
3. plinth
4. when person cannot tolerate full supine or full prone positioning due to discomfort resulting from pathological condition.
5. ensure full relaxation of parts and comfort of person being treated
6. Check list: a. person halfway between sidelying and prone
   b. pillow under head
   c. rolled pillow in front of chest and hips (shoulders to top of thighs - arms hugging pillow)
   d. pillow between legs just above knees to ankles
   e. top leg slightly bent at hip and knee (¼ way from straight)
   f. solicits feedback with regard to comfort and makes necessary changes
7. Check list: a. person halfway between sidelying and supine
   b. pillow under head
   c. rolled pillow behind back and hips (shoulders to top of thighs)
   d. pillow between legs from just above knees to ankles
   e. solicits feedback with regard to comfort and makes necessary changes
8. Check list: a. person sitting, leaning against treatment table
   b. arms resting on treatment table (elbows bent according to person's comfort)
   c. pillow in front of chest

(continued)

d. pillow under head

e. head straight (looking down toward pillow)

f. mouth and nose unobstructed by pillow

g. feet supported so that thighs are level on chair

h. solicits feedback with regard to comfort and makes necessary changes

ANSWER SHEET FOR PRACTICE QUESTION

1. 1) _____ 4) _____
   2) _____ 5) _____
   3) _____

2. A. _____
   B. _____

3. Checklist
   1) _____ 4) _____
   2) _____ 5) _____
   3) _____

4. Checklist
   1) _____ 4) _____
   2) _____ 5) _____
   3) _____

5. Checklist
   1) _____ 4) _____ 7) _____
   2) _____ 5) _____ 8) _____
   3) _____ 6) _____

(Continued next page)

Practice Exercise for overall objective

Did you successfully position a partner in:

1) semiprone position? _____YES _____NO

2) semi-supine position? _____YES _____NO

3) sitting? _____YES _____NO

ANSWER SHEET TO POST-TEST

1.

2.

3.

4.

5. Patient positioned? _____Yes _____No

6. Patient positioned? _____Yes _____No

7. Patient positioned? _____Yes _____No

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